I claim:

1. In a method of pressing on pressure points and/or muscles in a back or other part of a user using a round ball, the improvement comprising pressing on the pressure points and/or muscles using a gel ball having a diameter of between about 45 and 70 millimeters, and density ranging between about 0.75 and 1.2 gm/cm^3, the ball being made of a polyether polyol gel material.

2. The method of claim 1, wherein the ball diameter is between 50 and 60 millimeters.

3. The method of claim 2, wherein the ball diameter is around 54-55 millimeters.

4. The method of claim 1, wherein the density ranges between 0.90 and 1.1 gm/cm^3.

5. The method of claims 3 wherein the density is around 1.0 gm/cm^3.

6. The method of claim 1, wherein the ball is placed on a hard generally horizontal surface, and the user presses the back or other part against the ball while keeping the ball stationary.

7. The method of claim 1, wherein the ball is placed on a hard generally horizontal surface, and the user presses the back of other part of the user against the ball and at the same time, moves the back or other part so that the ball contacts other areas of the back or other part during the pressing step.

8. The method of claim 1, wherein the ball is held by a person or other inanimate holder, and the user presses the back or other part against the ball while the ball is held stationary.

9. The method of claim 1, wherein the ball is held by a person or other holder, and the user presses the back or other part of the user against the ball and at the same time, moves the back of other part so that the ball contacts other areas of the back or other part during the pressing step.

10. The method of claim 1, wherein the ball is placed between a surface located in a vehicle and a part of the user's body as part of said pressing step.

11. An exercise gel ball being made of a polyether polyol gel material, having a diameter of between about 45 and 70 millimeter, and having a density ranging between about 0.75 and 1.2 gm/cm^3.

12. The exercise ball of claim 11, wherein the ball diameter is between 50 and 60 millimeters.

13. The exercise ball of claim 12, wherein the ball diameter is around 54-55 millimeters.

14. The exercise ball of claim 10, wherein the density ranges between 0.90 and 1.1 gm/cm^3.

15. The exercise ball of claim 14, wherein the ball density is around 1.0 gm/cm^3.